



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

Vol. 16/Iss. 11

May 2015

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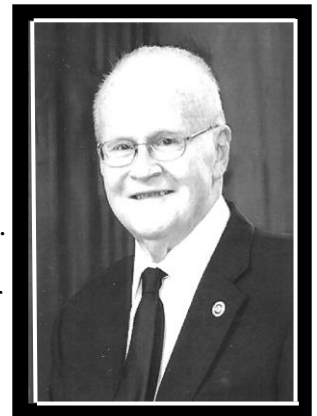
Director's Notes... As we celebrate the vital role that elders play in our communities during Older Americans Month, we will also celebrate the 50th anniversary of the Older Americans Act. Signed into law by President Johnson in July 1965, the Older Americans Act established our nationwide aging services network which funds services such as home-delivered and congregate meals, caregiver advice and support, community-based assistance programs, preventative health services and elder abuse prevention. The theme of this year's Older Americans Month – "Get into the Act" recognizes the contributions made by older Americans and features a focus on how elders take charge of their health, and have a positive impact in their communities through volunteerism and civic engagement. Research shows that remaining active both socially and physically has significant health benefits for older adults. By remaining active and engaged with others, all age groups benefit from an age-friendly community. In Georgetown, elders could be the model for others to "Get into the Act." Now celebrating their 45th anniversary, the Georgetown COA first got into the act in 1970, and is celebrating our 45th anniversary! Although they did not have staff at the time, the COA provided a site for congregate meals, flu clinic, holiday parties and transportation to shopping and medical appointments. We've grown a bit since then! Last year, 720 of you joined us 6,779 times for fitness classes, health screenings, health and community education, recreation, transportation or wellness programs. At the same time 154 of you gave the Georgetown COA more than 3,000 hours of volunteer service. That represents a clear commitment to taking charge of your health and remaining active and vital while aging gracefully! Through that model, you shape our values, goals and choices as a community. This national observation allows us to express our appreciation and gratitude to you. Join us on Monday May 18, as we honor the contributions that you provide us all when we celebrate Older Americans Month with a 1 p.m. performance by the Music Masters at the First Congregational Church. Refreshments with a side of fun will be served!

Thank You to Our Volunteers & Sponsors Of The Volunteer Appreciation Breakfast

The April Volunteer Appreciation Breakfast gave the Georgetown Council on Aging an opportunity to thank many of our volunteers, but we wish to offer our thanks to all of the volunteers who support our work within the community. We also thank Ashland Farm at North Andover & Nunan's Plants & Greenhouses of Georgetown for their sponsorship of the Volunteer Appreciation Breakfast. By sharing their skills & knowledge, volunteers provide the Georgetown Council on Aging with critical support. Last year, 154 volunteers gave almost 3,000 hours to support the COA, donating more than \$62,550 in hours of service to enrich the lives of elders & strengthen the social network within our community. We could not do the work that we do without their care, compassion & unfailing support. Our volunteers are a resource & an asset to our community but they are also a gift to all the people whose lives they touch. We thank them with deep appreciation & gratitude!

We Remember Chandler Noyes

Although it is with great sadness that we share the news of our dear friend Chandler's passing in March, we feel so fortunate & grateful for the many years of his friendship & deep connection with the Council on Aging. Serving as the board's Treasurer, Chandler was a veteran board member who led & organized the Georgetown TRIAD & provided a helping hand to many other COA programs. A highly accomplished musician, Chandler served as organist & choir directors at many local churches & enjoyed his connection with the Methuen Memorial Music Hall. Accompanying the Music Masters during their area performances & providing a musical backdrop for the COA at holiday parties, Chandler cheerfully shared his gifts with the community. A friend to many in the community, we will miss his wit & humor along with his unfailing support. He will be deeply missed & we send our sympathy to his family & friends.



The COA and all activities will be closed on Monday May 25 for Memorial Day.

"A Few Gray Hairs" Newsletter is made possible by a grant from the Massachusetts Executive Office of Elder Affairs.

May Activities

ACTIVITIES ARE HELD AT THE FIRST CONGREGATIONAL CHURCH UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



M A Y V A N S C H E D U L E 2 0 1 5

Shopping Date	Location	Recreation Date	Location
May 5 9:30	NO VAN – Brown Bag Only	May 7 9:30	Super Walmart/Salem, NH
May 12 9:30	Rowley	May 14 10:30	Poets' Inn/Whittier RVTHS./Haverhill
May 19 9:30	Newburyport	May 21 10:30	Seabrook, NH
May 26 9:30	Plaistow, NH	May 28 10:30	Haverhill

JOIN US MONDAY – WEDNESDAY MORNINGS from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! Hot coffee and snacks are a great way to reconnect with friends!

SHINE OFFICE HOURS: Mon. May 11, 9-11 a.m.

First Congregational Church

SHINE Counselor Jerry Goldberg will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

VISITING NURSE: Wed. May 6, 10 – 11 a.m. at the **First Congregational Church**

Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wednesday of each month from 12 - 2 p.m.

MEN'S BREAKFAST: Thurs. May 7, 9:30 a.m.

Resumes at **Trestle Way** this month.

Jason Ebacher, Essex County Sheriff's Dept./TRIAD Director will speak on Elder Law. With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering the monthly program. **To make reservations, call 978-352-5726.** Next breakfast: Thurs. June 4 – Dick Boucher/Models & Metal Working

Local Legislators' Office Hours

The following legislators, or their representatives, will be on hand at **Town Hall** 2nd Floor Conference Room to meet with constituents to answer questions, hear comments or provide assistance. The public is welcome. For more information, contact the COA at 978-352-5726.

Rep. Lenny Mirra:
Mon. May 18
9 a.m.

Sen. Bruce Tarr:
Tues. May 19
1 - 2 p.m.

MOTHERS' DAY BREAKFAST TEA: Tues. May 12, 9:30
First Congregational Church See pg. 3 for details.

VAN TRIP TO POETS' INN: Thurs. May 14, 10:30
See pg. 3 for details.

MUSIC MASTERS CONCERT: Mon. May 18, 1:00 p.m.
First Congregational Church See pg. 3 for details.

BYFIELD PARISH LUNCHEON:

Tues. May 19, 11:45 a.m. Contact the church for more info or to make reservations. 978-352-2022



MAY BIRTHDAY: Wed. May 27, 11:30
First Congregational Church

Join us as we send best wishes to our friends who were born in May. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 5/20/15 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE GEORGETOWN COA: Mon. May 18 at 2:30 p.m. at Georgetown Peabody Library.
Meetings are open to the public.

Free Legal Help offered by Atty. Elaine Dalton

Tues. May 26, 10 a.m. at First Congregational Church

Assistance available for: *Health Care Proxies,
*Durable Power of Attorney, *elder law issues



*15 min. appts. available by calling COA at 978-352-5726

Health & Wellness Classes

All classes are now held at First Congregational Church.
Thursday Strength Training Classes are on hiatus. Call for information.
 Newcomers & beginners welcome.
 There is a **SUGGESTED DONATION** of \$3.00 per class.

Class	Meets on	Time
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.
	Wednesdays	9:00 a.m.
Strength Training	Tuesdays	10:00 a.m.

WALKING CLUB

Walking Club

Meets Mondays & Wednesdays
3:30-5:00 p.m.
At Penn Brook School.
Participants must pre-register
with the COA.
978-352-5726

B	I	N	G	O
12	21	38	49	63
Georgetown Senior Center		40	Trestle Way Community Room	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1st & 3rd Wednesdays each month at 1:00 p.m.	Cost: 50¢ & 75¢ per game.
For more info, call (978) 352-5726		33	Contact: GHA (978) 352-6331	
2	29	45	50	72



Music Masters Return!

Monday, May 18 ~ 1:00 p.m.
 First Congregational Church

In honor of Older Americans Month, join us for an hour of song and humor.

- Broadway Melodies
- Comedic Renditions
- Old Time Favorites
- Always Fun! An annual favorite!



Refreshments will be served. Reservations are not required, but to **help with planning, please call (978) 352-5726.**

The program is supported by a grant from the Georgetown Cultural Council, a local agency supported by the Massachusetts Cultural Council.



Mother's Day Breakfast Tea *Tuesday May 12, 9:30 a.m.*

First Congregational Church.

Come, celebrate Mother's Day with us!

- ◇Reminisce with stories and photos
- ◇Variety of goodies, coffee and tea.
- ◇A special gift for everyone.

To make reservations, please call the COA at (978) 352-5726 by Thurs. May 2.



Special Van Trip to Poet's Inn **Thursday May 14**

Join us for a van trip to enjoy lunch at the **Whittier Regional Technical High School's well-known Poets' Inn Restaurant.** The Poets' Inn is a full-service restaurant which provides "real-world" experience to the school's Culinary Arts students. **The van will begin to pick people up at 10:30 a.m. Seating is limited.** For van reservations, please call the COA at 978-352-5726.

Annual Town Meeting



Monday, May 4, 2015
7 p.m.
Georgetown Middle/High School

Annual Town Election



Monday, May 11, 2015
8 a.m. - 8 p.m.
Penn Brook School

Newbury Council on Aging to Offer Powerful Tools for Caregivers and My Life, My Health Chronic Disease Self- Management Program

The Newbury Council on Aging will offer Power Tools for Caregivers as well as My Life My Health: Chronic Disease Self-Management Program at the Newbury Town Library in May and June. Designed for caregivers while they are caring for a relative, friend or loved one, the Powerful Tools for Caregivers will be offered Wednesdays May 13, 20, 27, June 3, 10 and 17. Designed to address the daily challenges of living with an ongoing health condition, the My Life, My Health: Chronic Disease Self-Management Program will be offered Tuesdays May 19, 26, June 2, 9, 16 and 23. For further information, call Director Martie Joe at the Newbury Council on Aging, 978-462-8114.



Prescription Advantage Provides Donut Hole Coverage

Each year, thousands of elders in Massachusetts reach a gap in their Medicare prescription drug plan that is often referred to as the “donut hole.” When elders reach that gap, prescription drug costs can rise dramatically. Prescription Advantage can provide coverage for the gap. Available to Massachusetts residents who are 65 years or older or less than 65 years and living with a disability, Prescription Advantage is a state-sponsored program that supplements Medicare drug plans. Prescription Advantage can help pay deductibles, lower co-payments, along with the amount paid for prescriptions and Medicare prescription (Part D) premiums. For further information, call Prescription Advantage at 1-800-AGE-INF0 (1-800-243-4636) and Press 2 to learn more!



Greenleaf Supportive Day Program Available to Area Residents

Located at the Amesbury Council on Aging, the Greenleaf Supportive Day Program offers participants an opportunity for socialization & recreation along with supervision, nutrition & support services in community-based setting. The program also provides caregivers with respite so that they can continue working, care for family as well as their own wellbeing. Contracted with Elder Services of the Merrimack Valley, cost is \$37 per day. For further information, call the Amesbury Council on Aging at 978-388-8138.



New Motor Vehicle Light Law in Place

The MassDOT Registry of Motor Vehicles reminds motorists of a new state law that requires the use of headlights and taillights on motor vehicles during inclement weather and when windshield wipers are in use. The law also says that headlights should be in use 30 minutes before sunrise and sunset or when visibility is under 500 feet. The new law is intended to increase motor vehicle safety and visibility. A violation of the law is considered a minor surchargeable traffic violation, which may result in increased insurance premiums.



Join us in June at First Congregational Church!

Margot Burke: Tuesday June 9th at 10:00 a.m. Everyone should have a health care proxy and the best time to sign one is when you don't need it!

Consumer Awareness Forum: Tues. June 23, 10 a.m.

Allyson Fiorello, Constituent Services Coordinator, Office of the Massachusetts Attorney General's Consumer Protection Division will discuss a variety of Consumer Awareness topics & answer questions.

← Volunteers enjoy the Annual COA Volunteer Appreciation Breakfast in April.

→ Health Agent Deb Rogers shares a visit with Patty, a 4 wk. old Dwarf Nubian goat.



Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

TRANSPORTATION/SHOPPING:

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Please check the Van Schedule for this month's days and destinations. A small donation is suggested to help with program expenses.

TRANSPORTATION/MEDICAL:

Northern Essex Elder Transport, Inc.

This program provides rides for elders to medical appointments. Arrangements should be made at least THREE days in advance of the appointment by calling the Council on Aging office at (978) 352-5726. If the office is closed, please leave a message (and remember that we are not open on Fridays). After the ride is arranged, the DRIVER will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program. However, no one is turned down due to inability to pay. Please remember: Reservations must be made through the Council office and clients should not be calling the drivers directly.

RING & RIDE: Medical, Shopping & General Purpose Transportation

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice for reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury, North Andover, West Newbury, Rowley Train Station & Market Basket. For a brochure, contact the COA.

HANDICAP PLACARDS

Are you in need of a HANDICAP placard for your car? The Council on Aging has applications available from the Registry of Motor Vehicles.

Meals on Wheels

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

Congregate Meals

The Senior Center offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations at least three business days in advance by calling the COA or in person at the Center.

FOOD AND HEAT RESOURCES

For more information, contact the COA office at (978) 352-5726.

VISITING NURSE

On the first Wednesday of each month, from 10:00 - 11:30 AM, Pam Lara, RN is available at the Senior Center to perform Blood Pressure checks, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00 PM.

S.H.I.N.E.

Serving Health Information Needs of Elders will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg at the Senior Center on the first Monday of each month.

EQUIPMENT LENDING PROGRAM

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

FILE OF LIFE & YELLOW DOT PROGRAMS

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

HEALTH CARE PROXIES

COA has fact sheets and Health Care Proxy forms available upon request.

THE FILE A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 4/24/12

Georgetown Council on Aging
Memorial Town Hall
1 Library Street
Georgetown, MA 01833

Return Service Requested

We strive to keep our mailing list up-to-date. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

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Haverhill, MA

Georgetown Council on Aging
1 Library Street
Georgetown, MA 01833
(978) 352-5726

Office Hours:

Monday – Thurs. 8 am – 4 pm

Georgetown COA Meal Site
@ 1st Congregational Church
Andover St. ~ Georgetown, MA
(978) 352-8443

Open:

Monday – Wed. 9 am – noon

PUBLIC NOTICE

C.O.A. board meetings are open to the public. They are held at noon on the 4th Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**

NEXT BOARD MEETING:
Tuesday May 26, 2015

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

Meal Site Coordinator: Mickie Locke

Board Members:

Jeannine DesJardins, Chair

Claire Maimone, Vice Chair

Jean Perley, Secretary/Clerk,

Susan Gardiner, Esther Palardy,

Diane Prescott, Corona Magner, Nancy Thompson,

Caroline Sheehan-alternate,

Ann Stewart-alternate

Town of Georgetown:

Michael Farrell, Town Administrator

Stuart Egenberg, Chair, Board of Selectmen

Stephen Smith, Board of Selectmen

David Surface, Board of Selectmen

Gary Fowler, Board of Selectmen

Philip Trapani, Board of Selectmen

Georgetown COA Webpage is located on the town's official website www.georgetownma.gov.

Council on Aging Mission Statement: The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

Inclement Weather Policy: The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Merrimack Valley Nutrition Project is closed, there will be no lunches served at the COA Meal Site located at the First Congregational Church.

May Menu - Make reservations 3 days in advance. Call (978) 352-5726.

Lunch is served Monday through Wednesday at the First Congregational Church at 11:30 a.m. Cost is \$2.00.

The MVNP is made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley
Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
4 Rotisserie Chix, Rice, Broccoli & Cauliflower, Pears, Oatmeal Bread	5 Salisbury Steak, Garlic Whip Pot, Carrots, Butterscotch Pudding, Rye Bread	6 Soup: Beef & Vegetable Fishwich/Hamburger Roll, Sweet Pot Wedges, Corn, Orange
11 Hamburger/Roll, Pot Wedges, Corn, Peaches	12 Italian Wedding Soup, Corned Beef & Swiss/Bulky Roll, Tossed Salad/Ranch, Ice Cream	13 No Soup Today Dinner Roll, Sweet/Sour Chix Nuggets, Pot Wedges, Broccoli & Cauliflower, Tapioca
18 Chix Meatballs/Gravy, Whip Pot, Italian Blend Veg, Fruit Cocktail, Multigrain Bread	19 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Byfield Parish Luncheon</div>	20 Soup: Beef Barley Oven Roast Chix, Garlic Whip Pot, Peas & Carrots, Pear Cup, White Bread
25 <div style="border: 1px solid black; padding: 2px; display: inline-block;">CLOSED: Memorial Day</div>	26 Cranberry Juice, Breaded Chix Fillet/Roll, Corn, Baked Pot Chips, Sherbet	27 Soup: Chicken Noodle Cheese Lasagna/Marinara, Green/Gold Beans, Orange, Wh Wh Roll



Celebrate Cinco de Mayo



Basic Fresh Salsa (serves 3-5)

In a small bowl, combine: 2 medium tomatoes, diced * ½ small onion, diced * 2 garlic cloves, minced * 1 -2 Tbs. cilantro Salt, Pepper & Garlic powder to taste. Stir with a spoon, mash slightly & let sit for a while. Create your own versions by adding Chiles * Black Beans * Lime Juice * Mango/Pineapple * Avocado and/or Parsley or anything else to your liking! Enjoy with chips or add to other dishes!

Mango-Guava Batidos: Combine 3 c. guava nectar * 1 c. milk * 1 ½ tsp. vanilla * 3 Tbs. sugar in a large bowl; add 3 c. frozen mango chunks. Working in batches, puree in a blender until smooth & frothy. Divide among small glasses.

MAY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 7:00 Annual Town Meeting	5 No Shopping Van– Brown Bag 10:00 Strength Training 11:30 Lunch	6 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	7 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast Resumes at <u>Trestle Way</u>
11 8am-8pm Town Elections 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	12 Van: Rowley 9:30 Mothers' Day Tea 10:00 Strength Training 11:30 Lunch	13 9:00 Yoga 11:30 Lunch	14 10:30 VAN: Poets' Inn
18 9:00 Rep. Mirra/Office hrs. 9:30 Dolls 10:30 Yoga 11:30 Lunch 1:00 Music Masters Concert <u>NO BINGO TODAY</u> 2:30 COA Friends/Library	19 Van: Newburyport 10:00 Strength Training 11:45 Byfield Parish Lunch 1:00 Sen. Tarr's Office Hrs.	20 9:00 Yoga 11:30 Lunch	21 10:30 VAN: Seabrook, NH
25 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Closed: Memorial Day</div>	26 9:30 Van: Plaistow, NH 10:00 Free Legal Help by appt 10:00 Strength Training 11:30 Lunch 12:00 COA Board Meeting	27 9:00 Yoga 11:30 Birthday Lunch	28 10:30 VAN: Haverhill

Van Trips: The cost is \$2.00 roundtrip. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.